

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) A method of ~~stimulating~~ developing strength in a muscle used while a user grips and moves a movable instrument, comprising applying a stimulating signal to a hand of the user in contact with a gripping the moveable instrument that includes an electrode configured to apply the signal, wherein the signal is applied while the user moves the instrument and develops the muscle while the instrument is in motion.
2. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a golf club.
3. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a tennis racquet.
4. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a baseball bat.
5. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a hockey stick.
6. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a writing instrument.

7. (Original) The method of claim 1, wherein applying the signal further includes applying a signal comprising a resonant sequence that includes at least three pulses, and wherein the pulses of the resonant sequence are spaced relative to one another such that each pulse subsequent to a first pulse in the sequence is effective to progressively stimulate and create tension in a musculature that includes the muscle inwardly from the electrodes and towards the center of the musculature while maintaining the tension created in at least a portion of the musculature by each preceding pulse in the resonant sequence.

8. (Currently Amended) An apparatus for ~~stimulating~~ developing strength in a muscle, comprising:

a moveable instrument to be gripped and held by a user;

a stimulator in communication with the moveable instrument configured to produce a signal for transcutaneous delivery to the muscle via a hand of the user, wherein the signal is delivered as a user moves the moveable instrument to develop the muscle while the instrument is in motion.

9. (Original) The apparatus of claim 8, wherein the moveable instrument includes an electrode configured to deliver the signal from the stimulator.

10. (Currently Amended) The apparatus of claim [[8]] 9, wherein the electrode comprises a grip of the instrument.

11. (Original) The apparatus of claim 8, wherein the instrument comprises a golf club.

12. (Original) The apparatus of claim 8, wherein the instrument is selected from a group consisting of: tennis racquet, a racquetball racquet, a hockey stick, a lacrosse stick and a writing instrument.

13. (Original) The apparatus of claim 8, wherein the instrument includes a grip comprising an electrode.

14. (Original) The apparatus of claim 8, wherein the application of the signal is affected by input from an input device selected from a group that consists of: a button, a switch, a motion sensor, a voice sensor and a dial.